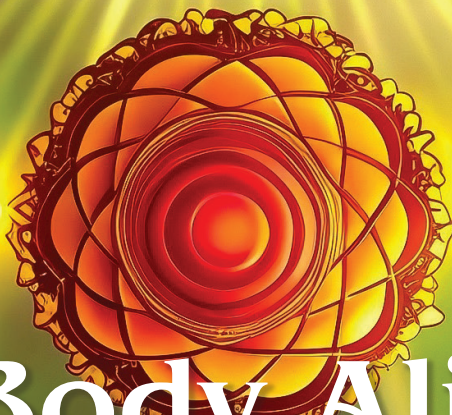
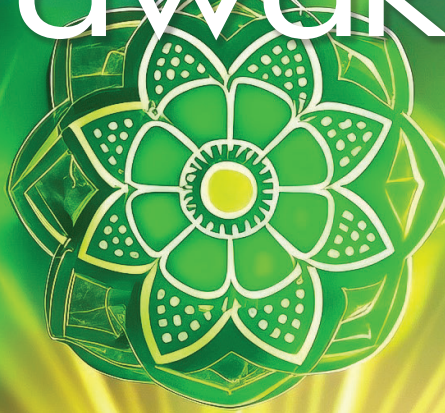




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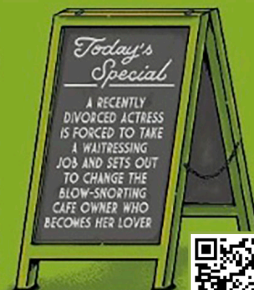
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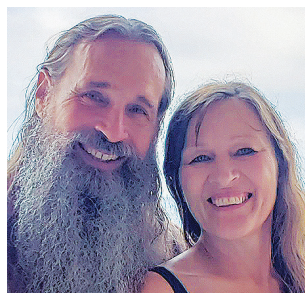
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## In Pursuit of a Balanced Lifestyle

As we welcome the new month, let's focus on a crucial aspect of our well-being: whole body alignment. This theme invites us to consider the delicate balance between body, mind and spirit, underscoring the idea that true wellness transcends

physical health. It's all about fostering internal harmony to lead a life brimming with vitality and satisfaction.

Whole body alignment extends beyond mere physical appearance or correct posture. It represents a comprehensive approach to health, embracing our physical, mental and emotional states. It encourages us to attune to our bodies, respond to their needs, and make deliberate choices that foster equilibrium and cohesion.

Imagine your body as an orchestra, with each component working in concert to create a melodious symphony. If one instrument is off-key, the entire performance is affected. Similarly, a misalignment in our physical, mental, or emotional health can lead to stress, discomfort or detachment. However, by nurturing awareness and implementing

minor adjustments in our routine, we can reestablish harmony across our system, allowing each aspect to support and enhance the others.

Through my personal experiences, I have discovered the transformative impact of a simple daily practice: pausing to connect with myself. Whether it's taking a deep breath, engaging in a short meditation, or enjoying a quiet walk in nature, these moments of mindfulness provide a reset and realignment. It's remarkable how these small acts of self-care can initiate significant positive changes, enhancing clarity and tranquility not just for myself but also for those around me.

We encourage you to carve out your own moments of stillness and reflection, allowing them to steer you towards a more aligned and vibrant existence. By prioritizing alignment in every facet of life, we lay a foundation of resilience, equipping ourselves to handle life's challenges with grace and poise.

This month, let's commit to tuning into our bodies, respecting our needs, and taking mindful steps each day towards improved alignment and harmony.

Here's to a month filled with balance and peace.

Warm regards,

*Trina & John*

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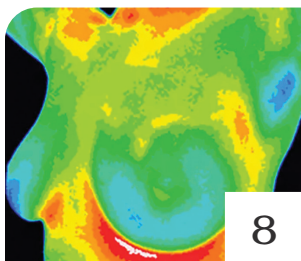
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## Alchemy Holistic Collective Offers Innovative Light Therapy with PandoraStar

Alchemy Holistic Collective introduces PandoraStar, a cutting-edge light machine with 12 stroboscopic LEDs designed to quickly guide the brain into a hypnagogic state. This immersive light therapy aims to facilitate deep relaxation and meditative states. PandoraStar uniquely replicates the brain's neurochemical production, inducing altered states of consciousness comparable to those experienced with psychedelics like DMT, sacred mushrooms or Ayahuasca.

The innovative device uses LED lights arranged in a sacred geometrical design, producing high-frequency light that the brain interprets in extraordinary ways. Commonly employed for meditation, hypnosis and trance states, PandoraStar fosters personal and spiritual growth, offering benefits like profound relaxation, enhanced creativity and personal transformation. Users frequently report vibrant closed-eye visuals, altered perception of time and lucid dream-like experiences during sessions.

PandoraStar Light Journeys offer various benefits, including relaxation and stress management, deep meditation, creative visualization, improved creativity and well-being, expanded consciousness, lucid dreaming and out-of-body experiences. Sessions can be tailored for individuals or small groups of up to three people, providing a dynamic, shared experience.

*Location: 105 E. Middle St., Chelsea. For more information, call 734-210-1922 or visit [AlchemyHolisticCollective.com](http://AlchemyHolisticCollective.com). See ad page 9.*



## Christy DeBurton Hosts Fall Yoga Retreat Focused on Self-Care

Christy DeBurton, a Yoga and Healthy Lifestyle Coach, is hosting a Fall Yoga and Self-Care Weekend Retreat, taking place from October 18 to 20. This retreat offers participants a chance to unwind, immerse themselves in nature and practice mindfulness at The Inn at the Rustic Gate, a peaceful location designed to foster calm and self-reflection.



Christy DeBurton (middle)

The getaway includes a single room with a private bath, yoga

sessions suitable for both new and experienced practitioners, farm-to-table meals and ample opportunities to relax in a serene environment. DeBurton aims to help attendees disconnect from daily stressors and reconnect with themselves through the healing power of yoga, nature and good company.

The Inn at the Rustic Gate provides the perfect setting for this retreat, surrounded by nature and designed to create an atmosphere of peace and relaxation. Participants will enjoy a supportive environment where they can deepen their yoga practice, nourish their bodies with healthy meals and engage in self-care practices.

*Cost: \$489. Location: 6991 E. Hungerford Lake Dr., Big Rapids. To register or for more information, call 734-761-8409 or visit [YogaRoomAnnArbor.com](http://YogaRoomAnnArbor.com).*

## Second Beljanski Integrative Cancer Conference to Focus on Cancer Stem Cells

A recent case report published in SAGE Open Medical Case Reports reveals that breast cancer surgery may inadvertently trigger metastasis, highlighting the urgent need for treatments targeting cancer stem cells.



The study notes that cancer relapse often occurs within 18 months post-surgery. While most recurrences appear in superficial tissue, they can also develop in the deep tissue of the reconstructed breast. Researchers suggest that the inflammatory response to surgical wounds may stimulate the proliferation of cancer cells, leading to metastasis.

The persistence of cancer cells post-treatment, including surgery and chemotherapy or radiotherapy, remains an issue, as these conventional treatments do not target cancer stem cells. These cells are particularly dangerous due to their ability to resist chemotherapy and regenerate new tumor cells. Therefore, finding treatments that effectively target cancer stem cells is crucial to prevent relapse.

The Beljanski Foundation, a nonprofit dedicated to holistic cancer research, has funded studies on natural compounds like Pao pereira and Rauwolfia vomitoria, which show promise in destroying both primary cancer cells and cancer stem cells. This research has demonstrated success in mice with pancreatic and ovarian cancers, indicating the potential of these compounds in broader cancer treatment.

To support this groundbreaking research, The Beljanski Foundation will host the second Beljanski Integrative Cancer Conference from April 25-27, 2025, in Austin, TX. This conference is designed for cancer patients, caregivers, healthcare professionals, coaches and anyone passionate about preventing or healing cancer through functional, natural and integrative medicine. Attendees will have the opportunity to learn from experts in the field, gain insights into the latest cancer prevention and treatment strategies and connect with a community dedicated to holistic cancer care. Tickets are now



available, and those interested can secure their spot by visiting [IntegrativeCancerConference.com](https://IntegrativeCancerConference.com).

*Location: 6505 N. Interstate 35, Austin, TX. For more information, call 646-808-5583 or visit [IntegrativeCancerConference.com](https://IntegrativeCancerConference.com).*

## Reset Brain and Body Offers Holistic Mental Health Services in Washtenaw and Wayne Counties

Reset Brain and Body, a leading provider of holistic mental health care, provides an innovative approach to therapy, combining talk therapy with the benefits of mind-body integration.



With a focus on treating anxiety, depression, trauma and more, the team at Reset Brain and Body delivers personalized care to clients seeking a mindful and empowering path toward healing.

Reset Brain and Body operates from three locations: Plymouth, Northville and Ann Arbor, with a team of over 30 professionals, including licensed therapists, mental health experts and wellness practitioners. Their approach is tailored to meet individual needs, offering a range of modalities such as Cognitive Behavioral Therapy (CBT), somatic therapy, art therapy and mindfulness-based practices.

The practice specializes in treating a variety of mental health conditions including chronic pain, burnout and sports performance challenges. In addition, Reset Brain and Body offers unique therapeutic support for perinatal and postpartum issues, grief counseling and body image concerns.

*Locations: 260 S. Union St., Plymouth; 341 E. Main St., Northville; 2725 Packard St., Ann Arbor. To make an appointment or for more information, call 734-531-8563 or visit [ResetBrainAndBody.com](https://ResetBrainAndBody.com).*

## Personalized Massage and Stretching Techniques at Reach Bodywork Studio in Ann Arbor

Reach Bodywork Studio provides comprehensive, personalized stretching and massage services, designed to help clients achieve peak physical performance and overall well-being. Through tailored one-on-one sessions, the studio focuses on improving circulation, reducing muscle tension and enhancing flexibility and range of motion.

With a focus on holistic wellness, Reach Bodywork Studio's specialists employ a variety of cutting-edge techniques, including Myofascial Release, Trigger Point Therapy, Active Assisted Stretching and Zone-Specific Work. Each session is customized to meet the unique needs of clients, targeting not only the primary areas of concern, but also addressing supporting muscles and fascia. This approach ensures long-lasting results and improved day-to-day comfort.

In addition to expert hands-on techniques, Reach utilizes advanced tools such as massage guns, trigger point balls and stretch straps, further enhancing each session's effectiveness. Whether the goal is injury recovery, improving athletic performance or simply relieving daily tension, the benefits of Reach's services extend to all types of clients—from athletes to those seeking relaxation.



*Location: 871 W. Eisenhower Pkwy., Ann Arbor. To book your first free session, to schedule an appointment or for more information, call 734-249-9423 or visit [ReachBodywork.com](https://ReachBodywork.com).*

## Holistic Healing and Chiropractic Center Offers Cutting-Edge PEMF Therapy for Pain Relief

Holistic Healing and Chiropractic Center, located in Ann Arbor, provides a range of natural health services. Led by Dr. Sarah Wilkinson and Dr. Erik Zatzkin, the team is dedicated to helping individuals of all ages achieve optimal well-being. Specializing in chiropractic care, massage therapy and innovative treatments such as PEMF therapy and infrared sauna, the center provides a holistic approach to health that addresses both the body and mind.

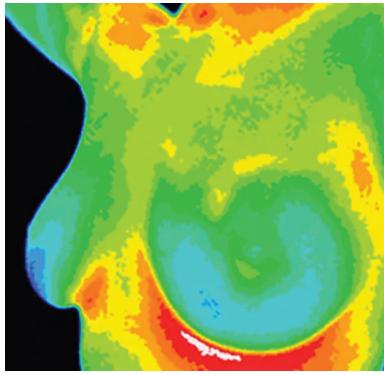


Chiropractic services at the center focus on removing spinal misalignments to restore the body's natural healing ability. Wilkinson's extensive training ensures that each patient receives care tailored to their specific needs, reducing pain and improving overall functionality. The center also offers massage therapy, which enhances chiropractic adjustments by relaxing muscles, boosting circulation and aiding in recovery.

In addition to these services, the center provides cutting-edge treatments like PEMF therapy, which recharges cells to improve energy, reduce inflammation and promote healing. The infrared sauna further supports detoxification and immune health, making it a vital part of many patients' wellness plans. Holistic Healing and Chiropractic Center also offers chiropractic care for animals, ensuring pets can enjoy improved mobility and health.

Location: 283 S. Zeeb Rd., Ste. M, Ann Arbor. To make an appointment or for more information, call 734-369-2032 or visit [HolisticHealingAnnArbor.com](https://HolisticHealingAnnArbor.com).





## Thermography for Early Breast Cancer Detection

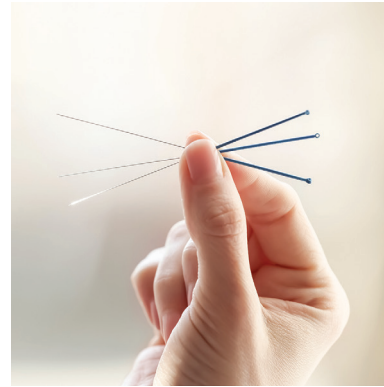
Breast cancer remains a significant health concern, with one in eight women in the United States expected to develop it. Research underscores the critical importance of early detection, which dramatically improves survival rates. When caught early, the

five-year survival rate for breast cancer is nearly 100 percent. However, for late-stage diagnoses, this rate drops to under 40 percent. Thermography, also known as thermal breast imaging, is emerging as a cutting-edge tool in early detection.

This non-invasive method uses infrared imaging to assess blood vessel patterns, temperatures and other dynamic changes in breast tissue. According to studies published by the U.S. National Cancer Institute, these changes may signal the earliest stages of breast cancer. Thermography offers a safe, radiation-free alternative to traditional mammograms. It is especially beneficial for women with dense breast tissue, fibrocystic changes or breast implants, as well as those who are pregnant, nursing or have undergone mastectomies.

With over 800 peer-reviewed studies involving more than 300,000 participants, thermography stands as a highly reliable option for breast cancer screening. This painless, drug-free procedure can provide early insights into breast health, potentially leading to earlier interventions and better outcomes.

*For more information about thermography and other alternative breast cancer treatments, visit the Wycoff Wellness Center in East Lansing. Contact them at 517-333-7270 or explore their offerings online at WycoffWellness.com. See ad back cover.*



## Combat Seasonal Illness with Immune-Boosting Acupuncture

As autumn arrives, many people experience a rise in respiratory illnesses such as the flu and common colds. Traditional Chinese Medicine (TCM) attributes this seasonal shift to the lung and large

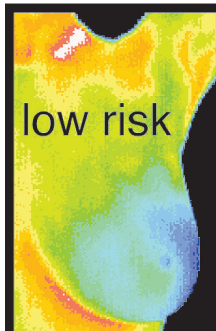
intestine organs, which play a crucial role in the body's respiratory and immune functions. When the weather turns cold and dry, the Lung Qi (energy) can become weakened, making individuals more susceptible to infections.

Acupuncture offers a natural approach to strengthening the immune system and enhancing respiratory health. By targeting specific acupuncture points related to the lungs, this therapy helps balance the body's Qi and bolster its defenses against illness. Studies have shown that acupuncture increases the production of white blood cells, enhancing the body's ability to fight off infections. Alongside acupuncture, TCM herbal remedies further support the immune system, providing a comprehensive strategy for maintaining health during the fall and winter seasons.

*Location: 644 Migaldi Ln., Ste. 300, Lansing. To make an appointment or for more information, call 517-388-1507 or visit SolaraWellness.net.*

## Evening Primrose May Ease Childbirth

Cervical ripening is the natural process of softening and opening the cervix before labor begins. Pregnant women that need labor induction, have an overdue pregnancy or encounter risks to their health or their baby's health, such as preeclampsia or gestational diabetes, may need assistance ripening the cervix. In a study published by *Complementary Medicine Research* involving 96



## Protect your breasts: find problems early!

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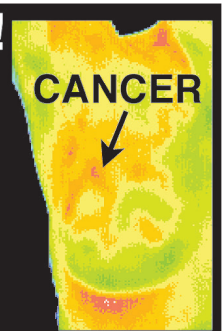
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### Synthetic Protein May Slow Alzheimer's Progression

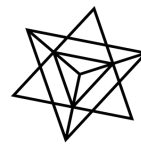
Experiments on mice with Alzheimer's at the Okinawa Institute of Science and Technology (OIST) have made significant progress in slowing cognitive decline and improving memory, using a synthetic protein called PHDP5 delivered through the nasal cavity

that can cross the blood-brain barrier to directly affect the memory center. Researchers believe this protein could also prevent Alzheimer's symptoms if administered early in the disease's progression.

Brain cell communications depend on the health of nerve synapses and synaptic vesicles, which need the protein dynamin to function properly. In Alzheimer's, the tau protein, which usually stabilizes structures inside neurons, detaches and binds to dynamin, disrupting synaptic vesicle recycling and causing communication problems between neurons. As the disease progresses, tau forms tangles that further damage synapses. PHDP5 works by preventing tau from interacting with dynamin. Researchers note that turning this discovery into an approved treatment for humans will likely be a long process.

According to Alzheimer's Disease International, the disease is expected to affect 78 million people by 2030 and 139 million by 2050 globally, leading to high economic costs. Alzheimer's is a complex disease caused by a mix of genetic, environmental and lifestyle factors, making it hard to treat, especially after symptoms appear.

Have a Healthy Tip to Share?  
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# Smashing Pumpkins

According to the U.S. Department of Agriculture, Americans purchase 1.3 billion pounds of Halloween pumpkins and throw away more than 1 billion pounds, most of which winds up in landfills, where they release methane as they decompose. Diverting jack-o-lanterns away from landfills and turning them into compost can reduce the environmental footprint of this popular holiday tradition, thereby mitigating greenhouse gas emissions and enriching the soil.

Across the nation, people are hosting pumpkin smash parties to compost the spooky gourds. These events foster a sense of community spirit, provide a forum to discuss broader environmental issues and turn a post-Halloween chore into a fun, eco-friendly activity.

## Planning Tips

- **Time and Place:** Schedule the party shortly after Halloween when people are looking to dispose of their pumpkins. Choose a centrally located area such as a public park, community center or school playground. Be sure to obtain any required permits and coordinate with the waste management department.
- **Partnerships:** Contact environmental groups, schools or businesses to help with logistics, promotion and the distribution of educational materials about composting and sustainability. Local farms or community gardens may be interested in receiving the composted pumpkins.
- **Promotion:** To attract participants, it is important to explain the purpose of the pumpkin smash and how it benefits the environment. Spread the word on social media using engaging visuals

and hashtags related to Halloween, pumpkins and sustainability. Design and distribute eye-catching flyers. Contact or send a press release to local newspapers, radio stations and TV channels.

## Event Recommendations

- **Smashing Station:** Create a designated area for pumpkin smashing and offer instructions on how to safely smash the pumpkins. Be sure there are enough tools for everyone, including mallets, hammers or even baseball bats. Safety is paramount, so provide goggles and gloves for proper protection. Set up a first-aid station in case of any minor injuries.
- **Compost Collection and Distribution:** Create a designated area for compost collection and ensure there are clear signs directing participants to take their smashed pumpkins there. Coordinate with local farms or gardens for compost pickup. Ensure the area is thoroughly cleaned up, leaving no debris behind.
- **Educational Booths:** Set up stations where participants can learn about composting and the benefits of reducing food waste. Provide brochures, posters and hands-on demonstrations to engage both kids and adults, and consider inviting local experts to give short talks or answer questions.



Yuganov Konstantin/CanvaPro

# Michigan in Full Bloom

## Three Perfect Drives for Autumn Splendor



As the air turns crisp and the days grow shorter, Michigan transforms into a stunning canvas of autumn hues. This season calls for cozy sweaters, warm mugs of cider, and the sweet indulgence of fresh donuts. Most of all, the brilliant display of fall foliage beckons people outdoors. The vibrant reds, yellows and oranges are breathtaking, making fall the perfect time for a road trip. Here are three favorite fall color drives in Michigan, along with peak dates to plan an adventure.

### Brockway Mountain Drive

A true gem of the Upper Peninsula, the 10-mile section of M-26 between Copper Harbor and Eagle Harbor stands as the highest paved road above sea level between the Rockies and the Alleghenies. It offers some of the most stunning fall vistas imaginable. The road winds through two nature preserves, providing ample opportunities to pull over

and immerse in the beauty of the season. Scenic overlooks provide panoramic views of Lake Superior, making this drive a feast for the eyes in every direction.

For a longer journey, travelers can continue on M-26 to US-41 and loop back into Copper Harbor. The full circuit covers about 45 miles and takes just over an hour, though many would likely linger at the overlooks. The peak color display in this region typically occurs between October 1 and 7, making it an ideal early October getaway.

### M-22 Traverse City to Empire

Dubbed the best scenic autumn drive in the United States, this stretch of M-22 even outranks Maine's Route 1 and Ohio's Hocking Hill Scenic Byway. Starting in downtown Traverse City, the route heads north along the east side of the Leelanau Peninsula, then loops down the west side, offering the full splendor of Michigan's fall colors.

For a truly memorable trip, the journey can extend all the way to Manistee, with a must-stop at Sleeping Bear Dunes. This 116-mile route combines coastal views with inland forests ablaze with color. The drive takes about two hours, depending on how much time is spent exploring the dunes and soaking in the scenery. Peak colors in Northern Michigan are typically from October 7 to 14, making it perfect for a mid-October excursion.

### Huron River Drive

For those closer to home, Huron River Drive offers a serene, scenic drive through one of Michigan's most picturesque regions. The stretch from Ann Arbor to Dexter is particularly stunning, with the road winding gently through forests and along the river, flanked by vibrant fall foliage.

Starting in Ann Arbor, just before Main Street merges into M-14, the road meanders toward Dexter. This short drive takes about 20 minutes, but it's worth stopping at the Dexter Cider Mill for some fresh cider and donuts or visiting Hudson Mills Metropark for a leisurely stroll. The best dates for this drive are usually between October 14 and 21, making it a great option for a local adventure.

Michigan's fall color drives provide more than just a visual treat—they offer an experience that engages all the senses. The scent of autumn leaves, the taste of fresh-pressed cider, and the joy of discovering U-pick apple orchards along the way add to the magic of the season. While these are just a few of the many beautiful routes to explore, the real beauty of Michigan's fall lies in its many hidden gems, waiting to be discovered. So, grab a cozy sweater, pack some snacks, and set out to experience the colors of fall in all their glory.





# The Rise of Bodywork Modalities

Integrating Innovative and Ancient Healing Arts

by Marlaina Donato



Only a few decades ago, healing modalities like chiropractic care and acupuncture received little attention in the realm of conventional medicine. Today, the wellness spectrum is much more diverse, and although additional research is needed to confirm their efficacies and treatment guidelines, many forms of bodywork once associated with only spa pampering are now considered allies in the

treatment of a wide array of health conditions. With new therapies emerging annually, there are more than 180 bodywork modalities, including cold laser therapy for non-invasive pain management and ancient massage techniques

## Full-Spectrum Acupuncture

According to the market research company Technavio, the global acupuncture market is

predicted to expand by \$16.83 billion from 2023 to 2027, with much of the growth attributed to an aging population opting for non-invasive, drug-free solutions.

Cancer patients are increasingly accessing this 2,500-year-old therapy, as well. The National Institutes of Health reports that acupuncture is used to ease the side effects of chemotherapy and radiation at major treatment centers, including MD Anderson Cancer Center, in Houston, and Memorial Sloan Kettering Cancer Center, in New York, with the latter offering the modality in their accredited continuing education programs. According to a 2023 study published by *JAMA Network Open*, both integrative acupuncture and massage applications for advanced cancer patients over the course of 26 weeks were associated with decreased pain and improvements in sleep and quality of life.

“Our patients love having one more expert on their integrative medicine team, an additional professional to help them navigate the rollercoaster stressors of cancer treatment, recovery and survivorship,” says Pauline Sok Yin Hwang, an acupuncturist, registered Traditional Chinese Medicine practitioner and the clinical director of Hillgreen Oncology Acupuncture & Herbs, in Toronto, Canada. Hwang also employs other therapeutic elements of Traditional Chinese Medicine that harmonize well with oncology acupuncture, including herbal applications; nutrition; moxibustion, the burning of dried mugwort near parts of the body; cupping; and electroacupuncture, which combines electrical pulses with needles to target specific energetic points on the body.

“Given a prompt, every tiny cell knows where it is and what it should do. The relationship between cells allows them to calibrate, but cancer cells have lost this connection, causing them to proliferate,” explains Jill Blakeway, an acupuncturist and founder of The Yinova Center, in New York City and Long Island. Blakeway adds that acupuncture can also stimulate the nervous system to release serotonin and other endorphins that can dial down pain and elevate mood, something that is much needed by anyone enduring a cancer diagnosis.

Feel-good neurotransmitters are major players in the complex journey of addiction recovery, as spotlighted in a clinical trial published earlier this year in *Annals of Internal Medicine*. Participants given acupuncture treatments three times a week for eight weeks reduced their methadone dosage by 20 percent or more as compared to subjects that received placebo treatments.

For those that are squeamish about needles, Hwang says, “About 40 tiny acupuncture needles can fit into the hole at the end of a hypodermic needle,” adding that most of her clients do not experience pain throughout treatment, and they are able to relax and even fall asleep by the end of a session.

Moxibustion—an extension of acupuncture that utilizes an herb called *Ai Ye*—may be promising for chronic kidney disease as a complementary therapy. A 2020 meta-analysis published in the journal *Evidence-Based Complementary and Alternative Medicine* shows the potential of moxibustion to significantly reduce serum creatinine, 24-hour urine protein excretion and blood urea nitrogen—all of which are indicators of compromised kidney function—and markedly improve quality of life of chronic kidney disease patients.

## Chiropractic Goes High-Tech

With 150 techniques in its toolbox, today’s chiropractic medicine incorporates more sophisticated and gentler methods than ever before, especially for individuals with osteoporosis, a medical condition in which the bones become brittle and fragile from loss of tissue. Fueled by advanced software, modern diagnostic tools give doctors an edge over standard evaluation methods to provide personalized treatment plans.

The chiropractic use of electric current-based muscle stimulation encourages circulation in muscles along the spine to minimize pain, a technique that is safe for patients with fragile bones or spinal stenosis. Another method—cold laser therapy—springboards from traditional ultrasound using specific wavelengths of light. Also known as low-level laser therapy, cold laser aids injured tissues by amping up the production of adenosine triphosphate, a molecule crucial for energy production within cells, to reduce inflammation and pain and promote healing. A 2021 systematic review published in the *Journal of Medicine and Life* reports that cold lasers can be effective for decreasing pain and may also improve coexisting emotional factors associated with temporomandibular joint disorders in the jaw.

As with traditional chiropractic care, the objective of modern styles is to address the root cause of neuromusculoskeletal dysfunction, which, if not treated, can lead to health issues and pain. “When the body is unable to adapt to chemical, physical or emotional stressors, tension within the nervous system is a common result. This often shows up as misaligned vertebrae [bones in the spine], but it can manifest in many ways,” says Brian Stenzler, a chiropractor and author in Sarasota, Florida, and vice president of operations at KnoWEwell, P.B.C. “Every organ, muscle, gland, tissue and cell of the body knows exactly what to do, when to do it and how to do it, as long as the ‘communication lines’ are clear between those body parts and the brain.”

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## Feature Story



Stenzler notes that because only a small percentage of nerves transmit information about pain, it is unreliable for determining if a chiropractic adjustment is needed. Instead, chiropractors use a combination of objective measures to identify misalignments causing nerve interference, such as posture, x-rays, motion and static palpation, range of motion, heart rate variability, thermography and surface electromyography, which assesses muscle function using electrodes placed on muscle groups.

### New Horizons

Swedish and deep tissue massage have long given sore muscles and overextended nervous systems balm, but massage modalities are expanding their scope. Ancient massage systems making their way out of the shadows include Egyptian (Pharaonic), Balinese and *gua sha*, among others. More traditional approaches are being used to release trauma held in the body and to aid challenging conditions like Parkinson's disease, cerebral palsy and cancer. "After a mastectomy, for example, a patient may experience swelling in the arm due to obstructed lymph flow. Specialized massage practitioners can offer lymphatic drainage massage to treat lymphedema, a common side effect of cancer treatment," says Blakeway.

Tuina, one of the four branches of Traditional Chinese Medicine, is believed to be the oldest form of bodywork and, like acupuncture, targets acupoints, but without the use of needles. In research from 2018, this modality—when combined with other aspects of Chinese medicine—shows promise for early-stage diabetic foot disease, a condition resulting from peripheral artery disease or sensory neuropathy.

Guided by overhead bars for balance and support, practitioners of the Japanese modality *ashiatsu* primarily use their feet to ease their clients' tight muscles. "The foot's broad surface allows for comprehensive muscle manipulation, targeting larger groups while maintaining precision for specific areas. While we may combine

foot and hand techniques for certain areas such as the neck, the primary focus is on harnessing the foot's unique capabilities for a truly transformative experience," explains Mariah Maven, a licensed massage therapist, *ashiatsu* educator and owner of THE SPACE, in Spokane, Washington.

Maven points out that *ashiatsu* can help stabilize the shoulder while gently stretching the neck, creating an unparalleled sense of traction and release, as well as promote better posture, flexibility and quicker recovery from sports injuries, but cautions that "it is contraindicated for individuals with osteoporosis or osteopenia [reduced bone mass]."

Ortho-Bionomy, pioneered by British osteopath Arthur Lincoln Pauls, has gained attention for its positive effect on pain and postural problems by working with the body's natural capacity to find balance and reset the nervous system. "Pauls took the osteopathic principle of positional release, gently placing the body in a position of optimal comfort and adding gentle compression into a joint from its position of greatest ease. He found that this stimulated proprioceptor nerve endings [sensors in muscles, tendons and ligaments] and produced a release response," explains Donna Racik, a certified Ortho-Bionomy practitioner in Leonia, New Jersey, adding that she has found this modality to be effective in relieving pain, restoring alignment and improving the flow of blood and lymph.

Stenzler, who believes that tomorrow looks brighter with the education and guidance of integrative health providers that encourage people to lead healthier lifestyles, says, "While helping people overcome health challenges is very noble and an extremely important aspect of health care, I strongly believe that the future should lie in a salutogenic model," which focuses on the origins of health and well-being rather than the causes of disease.

*Marlaina Donato is an author, artist and composer. Connect at [BluefireStudio.art](http://BluefireStudio.art).*



# Resurrecting From Life's Darkest Hours

by Marlaina Donato



pietruigipalazzi from Getty Images/CanvaPro

“My bones knock together at the pale joints, trying for foothold, fingerhold, mindhold,” wrote Mary Oliver in “Crossing the Swamp”, a visceral poem about finding opportunity to thrive from the bog of life’s dark challenges. If we live long enough, most of us experience a rising from the ashes after burning in the fires of loss, failure or trauma, but sometimes even the most sure-footed and resilient individuals can unexpectedly slip into a deep chasm of futility or questioning.

Dark nights of the soul can follow great periods of growth and clarity, descending

upon even the strongest of psyches, rattling the bones with intensity. The black wave can come softly at first, simply inviting us to take inventory or retreat into contemplation. Other times, it sucks out our life force and swallows us whole upon impact.

Unlike other varieties of depression or contraction, the soul’s dark night submerges us until we surrender to metamorphosis. The gestation of a new self can be difficult, and it is easy to forget that the darkness in which we find ourselves is a nourishing womb. We just need to allow ourselves to experience the process.

Despite the internal urge to disengage from the world and curl into a fetal ball, finding support from spiritual mentors, trusted friends or family members is vital. Expressing our vulnerability can be the most frightening yet most sacred of acts that can light the way for a spirit that feels broken when it is actually breaking open.

Oliver compared herself to a “poor dry stick” in the great swamp, a bough that “after all these years, could take root, sprout, branch out, bud—make of its life a breathing palace of leaves.” We, too, can be reborn with a greater capacity to give and to receive—to reach into a heaven of possibility because our roots survived an unprecedented storm.

*Marlaina Donato is an author, painter and composer. Connect at [BluefireStudio.art](https://www.bluefirestudio.art).*



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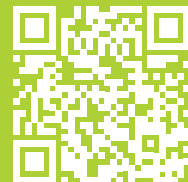
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# Carol Orsborn

## on Growing Whole, Not Just Old

by Sandra Yeyati

**F**or five decades, Carol Orsborn has been a leading voice of her generation and a bestselling author, having written 36 books on quality of life, spirituality and aging. Her latest book is *Spiritual Aging: Weekly Reflections for Embracing Life*, to be published in December. Designed to be read weekly over two years with 120 readings, it focuses on the issues and concerns that arise among those that view aging as a path to spiritual transcendence.

Orsborn earned a master's degree in theological studies and a doctorate in history and critical theory of religion from Vanderbilt University, completing her postgraduate work in spiritual counseling at the New Seminary, in New York City. She served on the faculties of Pepperdine University, in Malibu, California; Loyola Marymount University, in Los Angeles; and Georgetown University, in Washington, D.C. She has appeared on *Oprah*, *NBC Nightly News* and *The Today Show*, and presented talks at the Omega Institute, American Society of Aging and Vanderbilt University Hospital.

### ***What do we get wrong about aging?***

There have been two dominant theories about aging that have influenced the stereotypes, and each one gets aging wrong in its own way. The first is that aging is a period of sad, slow decline and the best you can do is try and put old people behind gated communities and facilities and keep them as happy as possible.

The flip side, which has been holding sway and is just as insidious, is called "activity theory". It keeps older people active—the more active they are, the longer they are active, the better it supposedly is. So, we say things like "60 is the new 30" as we try to extend midlife, turning us into desperate robots.

### ***What is a better way to look at aging?***

Getting old is a life stage with meaning and purpose of its own. You have the freedom to choose how you want to live your life. Sometimes you may want to be contemplative, quiet and take time away

from the limelight. Other times, you may want to roar like a lion; you might have a lot left in you that you want to give.

### ***How do you define spiritual aging?***

The first tenet of spiritual aging is accepting reality as it is while believing that there is meaning and purpose to life. The second is loving yourself no matter what. Spiritual aging treats the process of getting old not as a problem to be solved, but rather as a spiritual experience in and of itself. This is your last chance to embrace all of life and to have the freedom to pick what you want to do because your soul is telling you to do it.

### ***As we confront physical and mental diminishment, what role does grief play in this spiritual experience?***

Grief can shake you from your faith. You can hit bottom a lot of ways and feel that life is meaningless and hopeless. In my book, I talk about a place I call "the void", where reality outstrips your ability to cope and you go to a place that feels bottomless, dark, scary and hopeless. Every spiritual and religious formulation that I've ever



Carol Orsborn courtesy of Carol Orsborn

read has a place like that—like the dark night of the soul in Christianity—where the status quo loses hold of you, and yet it also seems like a holy place because it allows you to let go of the illusions and what used to be, and to reconstruct yourself from the ground up in a way that is more in alignment with reality.

### ***Is it never too late to find your purpose in life?***

Of course not. In fact, I would say the opposite. It takes growing old to finally be able to live with some degree of purity of purpose, because you're not going to be as distracted by what society's expectations are of you. For those with physical and mental impairments, there is an opportunity to find meaning and purpose not only despite those challenges, but through them. If you're taking a walk and you're going much slower than you're used to, you're much more likely to notice the flower growing out of a crack in the sidewalk, for instance.

Our generation has been told all our lives that we should follow our heart and passion. That was hard when we were in our 40s because if you followed your heart and you wanted to be a poet, you couldn't make a living at it. But now in your 70s, 80s or 90s, if you want to be a poet, go for it! There's a lot of late-life blooming going on, tempered by what our hearts are telling us and by our physical and mental abilities. That's what the reinventing should be about.

### ***As we age, we become increasingly dependent on others. What are the spiritual lessons there?***

We don't receive well. The tendency in older people is to complain or get mad at their caregivers if they aren't giving to us perfectly. So



it's about learning to receive, but also learning to be gracious and put other people before yourself—allowing your caregiver to feel good about what they're doing for you.

Look, the bottom line is learning to love and be loved. I keep learning every day. I have family issues that may never resolve, but I'm learning I'm beloved anyway. I'm seeing love where I didn't see it before. I'm having compassion where I didn't see it before. At 76, suddenly I see things with so much depth that I see the love that was there all along.

*Sandra Yeyati is national editor of Natural Awakenings.*



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# Sweet Nostalgia

## Celebrating National Dessert Month

by Deborah Bevilacqua



Many of us have beloved memories filled with the treasures of the family kitchen—the clanging of baking pans and metal mixing bowls, flour dusted across the counter and the amazing aromas of chocolate, vanilla and cinnamon filling the entire house. That wonderful anticipation of a homemade treat coming out of the oven was pure childhood magic.

“There is nothing better than the smell of home-baked goodies,” says Lynn Feder, owner of Lynn’s Life Breads, an allergen-free bakery. Infused with the best ingredients and dollops of love, desserts are more than just a tasty indulgence. They celebrate long-held family recipes, cultural traditions and the transformative effect of

shared pleasures. October is National Dessert Month, a perfect time to explore the history, nostalgia and nutritional gifts of these delicious delights.

### From Ancient Times to Modern Bites

Desserts have evolved from simple combinations of fruits and nuts to elaborate confections. The Egyptians, Greeks and Romans enjoyed honey-sweetened treats. By the 16th century, sugar had made its way to Europe from Southeast Asia, paving the way for decadent cakes and pastries. Today, each culture brings unique flavors and techniques to homes, bakeries and confectioneries around the globe.

### American Favorites

Beloved for its chewy texture and rich flavor, the chocolate chip cookie was invented in 1938 by Ruth Wakefield, a chef, dietitian, educator and author from Walpole, Massachusetts, who also owned a tourist lodge with her husband, Kenneth, that they named the Tollhouse Inn.

Brownies originated in Chicago in 1893 at the Palmer House Hotel, where Bertha Palmer asked her chefs to create a portable dessert that could be served at the World’s Columbian Exposition. These cake-like, fudgy squares may contain nuts, chocolate chips or caramel swirls.

Apple pie is synonymous with American culture. With its flaky crust and sweet, spiced filling, it evokes a sense of nostalgia and comfort, and is often accompanied by a scoop of vanilla ice cream. In today’s health-conscious households, ice cream is not made with just cow’s milk. Scrumptious varieties are available featuring milks derived from cashews, oats or coconuts.

“The best ice cream is made from scratch in small batches with fresh, farm-to-table ingredients,” says Chloe Bowman, manager of Tin Cup Ice Cream & Desserts, in Crested Butte, Colorado. “One of our adult favorites is Cookie Monster ice cream made with homemade chocolate chip cookies and all-natural pea flour so it doesn’t make your mouth blue.”

While attempting to recreate a French version, William Lawrence, a New York dairyman, invented the now-classic New York-style cheesecake. It features smooth, rich cream cheese and a graham cracker crust that can be customized with various toppings.

### The Sweet Benefits of Desserts

Aside from satisfying our sweet tooth, some desserts come with nutritious benefits. Dark chocolate contains flavanols that

*Fruits and nuts are packed with vitamins, minerals and fiber, which play an important role in lowering the risk of heart disease and diabetes.*

help lower blood pressure and fight cell damage, as well as polyphenols that, according to a 2022 study published in *The Journal of Nutritional Biochemistry*, help maintain a better mood. Fruits and nuts are packed with vitamins, minerals and fiber, which play an important role in lowering the risk of heart disease and diabetes. Indulging in a sweet treat may even lead to a sweeter disposition, according to research led by North Dakota State University.

### Healthy Alternatives

Dessert time is not always kind to people that are diabetic, vegan, on restricted diets or have gluten sensitivities or allergies to ingredients like eggs, dairy and nuts. "I can adapt any recipe to make it delicious and allergy-free. Today, we have so many options," says Feder, who began baking allergen-free products as a result of her own health issues and allergies.

Dairy substitutes are plentiful in the grocery store, including milk made from oats, almonds, soy, coconut and rice. Alternatives to butter include nut butters, sunflower oil and coconut oil. For those with nut allergies, the texture, taste and nutritional value can be supplanted with rolled oats, granola, crisp rice cereal, pumpkin or sunflower seeds, dried fruits such as raisins or cranberries, or dairy- and nut-free chocolate chips.

For those looking to reduce their consumption of sugar, there are a number of healthier natural sweeteners, including monk fruit extract, raw honey, pure maple syrup, coconut sugar, stevia and blackstrap molasses. Stevia and monk fruit extract are derived from plants and have a flavor very similar to regular sugar. A quick search online will provide guidance on measurement equivalents. Monk fruit, which does not raise blood-sugar levels, can be up to 250 times sweeter than sugar.

### Celebrating National Dessert Month

To celebrate National Dessert Month, consider hosting a dessert-themed party where invitees can share their favorite recipes, and be sure to include low-sugar, vegan and gluten-free options, to accommodate everyone's preferences and dietary restrictions.

*Deborah Bevilacqua is a regular contributor to Natural Awakenings.*



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# The Case for Cloth Diapers

## Saving Money and the Environment

by Kelcie Ottoes



**D**isposable diapers hit the shelves in 1948 and have become a household staple. The International Market Analysis Research and Consulting Group estimates that 28.8 billion diapers were sold in 2023 in the United States. Parents concerned with environmental, monetary and other associated costs of disposables are moving back to cloth diapering.

“Both my husband’s mom and my mom mentioned that they cloth-diapered. They said it was really no big deal. Cloth diapers used to be the norm just a few generations ago,” says Kate Sawyer, a water and wastewater professional in Durango, Colorado.

### Health Benefits

Babies are more susceptible to harmful chemicals due to their thinner, more permeable skin. The U.S. Consumer Product Safety Commission does not require diaper manufacturers to test their products for toxins other than lead. A 2019 study published by the French Agency for Food, Environmental and Occupational Health and Safety tested 23 bestselling disposable diapers and found toxic substances, including volatile organic compounds like naphthalene, styrene, toluene, chlorobenzene, phthalates, formaldehyde, pesticides and dioxins. A 2000 study published in the journal *Archives of Disease in Childhood* showed that boys exhibited a

higher scrotal temperature when wearing disposable diapers than cotton varieties, posing possible fertility issues in later life.

Cloth diapers are made of natural, breathable materials such as cotton, bamboo or hemp, which generally do not contain perfumes, polyacrylate (a super-absorbent polymer) or chlorine that can strip away protective bacteria, causing a baby’s skin to become dry and irritated. Look for organic versions free of toxins from the farm and factory.

Unlike disposables designed to absorb moisture quickly and keep it away from the skin, cloth diapers need to be changed as soon as they are wet or soiled, and the baby’s bottom must be cleaned well and allowed to dry before applying a fresh diaper.

Toddlers wearing cloth diapers can feel the wet sensation against their skin and are more aware of when they have relieved themselves, making potty training easier. According to an article in *Parenting Science*, approximately 60 percent of American children in 1947 were potty trained by 18 months old, whereas the average age rose to 37 months by 2004, in part due to the use of disposable diapers, researchers believe.

When washing cloth diapers, follow the manufacturers’ instructions, use recommended amounts of detergent, run an extra rinse cycle to thoroughly remove all the soap, and avoid fabric softeners or dryer sheets, as they can be irritants. Responding to parents that don’t want to deal with the messiness of cloth diapers, Sawyer says, “No matter what, you’re going to deal with poop as a parent. Using cloth diapers actually gives you a process to deal with poop, so when a blowout happens—cloth diaper or not—you can deal with it quickly and efficiently.”

### A Cleaner Option

Each year, 3.6 million tons of disposable diapers are sent to landfills. The American Academy of Pediatrics estimates that a child will require up to 3,000 diapers in the first year, and about 8,000 by the time they’re potty-trained. Most disposable diapers are

made of cellulose, polypropylene, polyethylene and absorbent polymers that take up to 500 years to break down. The fecal contents can also leach into groundwater.

Parents that use cloth tend to buy between 20 and 40 diapers, which can last up to 400 washes if they're well maintained and can be repurposed into dust rags to extend their life. Although they usually do not pile up in landfills, cloth diapers still pose some environmental concerns. Hot water and energy are needed to wash and dry them. Cotton is also a chemically dependent crop, but when regenerative organic principles are employed, the cotton-growing process conserves water, protects biodiversity and avoids toxic fertilizers and herbicides.

### Cheaper in the Long Run

The average cost of one disposable diaper is 29 cents; cloth diapers are about \$2 to \$21 each. "It can be expensive to get started [with cloth diapers], but the long-run savings more than make up for the up-front costs," says Leah Black, a mom and founder of Cheeks Ahoy, a reusable baby-wipe company in Canada. "You don't have to buy all brand-new stuff. Well-made cloth diapers will last much longer than your child's diapering stage, so there is nothing wrong with looking for gently used cloth diapers."

### A Flexible Approach

Families that want the benefits of cloth diapering do not have to make it an all-or-nothing decision. Many use disposable diapers when a newborn first comes home, because they require so many changes at that time, and then switch to cloth diapers once the child is a few weeks old. Some parents choose to use cloth diapers only during the day and avoid fuss by using disposables at night when they are tired and trying to get back to sleep. Others go with cloth diapers at home and disposables when they are out, so they aren't carrying around soiled diapers at the grocery store or park.

*Kelcie Ottoes is a frequent contributor to Natural Awakenings.*

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# Taking the Cold-Therapy Plunge

From Icy Showers to Cryotherapy Chambers

by Madiha Saeed, M.D.



**S**tress gets a bad reputation, but some forms can be quite beneficial. Hormesis, a self-imposed stress to the body, teaches it to become resilient. Cold therapy is a popular method used by athletes, biohackers and others looking to optimize their performance and physical health.

According to Molly Maloof, a concierge physician, biohacker and consultant to more than 50 companies, there are several types of cold therapy, including a cold shower or cold plunge in 50 to 59°F water; an ice bath in water that is 41 to 50°F; and cryotherapy, which exposes the body to extremely cold air (-166 to -220°F) in a specialized chamber. Maloof notes, “Women may not need as cold a plunge as men because women shiver at higher temperatures and are more sensitive to cold.”

## Benefits of Cold Therapy

According to Tom Moorcroft, a board-certified physician specializing in chronic, tick-borne illnesses, “People with chronic inflammatory

conditions generally do really well [with cold therapies], both from a perspective of lowering inflammation and dealing with the stress of chronic illness. Patients with chronic, tick-borne infections typically report less pain and inflammation, improved energy and better overall quality of life with even a short 60- to 90-second cold shower daily. A cold plunge three to four times a week improves symptoms even more.”

Maloof notes the following benefits:

- **Hormonal Effects:** Cold therapy can increase production of norepinephrine and endorphins, which may help alleviate symptoms of depression and anxiety.
- **Metabolism and Weight Management:** Cold exposure activates brown adipose tissue (BAT), increasing calorie burn. Women typically have more BAT than men, potentially making cold therapy more effective for a metabolic boost.
- **Inflammation and Recovery:** Cold-water immersion can be beneficial post-exercise to reduce inflammation and muscle soreness. While men’s bodies naturally redirect blood flow after a workout, women’s bodies tend to keep blood in the skin. A cold plunge can help women push that blood back to the muscles, aiding recovery. This benefit may be particularly useful for those experiencing inflammation during certain phases of their menstrual cycle.
- **Immune System:** Regular cold therapy may strengthen the immune system, and the effects may be more pronounced in men than women due to differences in responses to stimuli.
- **Skin Health:** Cold therapy, especially plunging the face into a bowl of ice water, can improve skin tone and reduce puffiness by constricting blood vessels.
- **Fertility and Reproductive Health:** Cold therapy might improve fertility in women by reducing inflammation and balancing hormones, but more studies are needed.

- **Cardiovascular Health:** Cold exposure can improve cardiovascular health by enhancing circulation. This benefit is important for women, as they have a higher risk of cardiovascular disease after menopause.

## Contraindications

Moorcroft states that common side effects of cold therapies include cold skin, temporary dizziness, lightheadedness or headache, an increase in blood pressure and, rarely, frostbite or skin rash. According to both Maloof and Moorcroft, cold therapies are contraindicated for patients with uncontrolled hypertension, an inability to sense the extremities, an allergy to cold, Raynaud's disease, pregnancy, open wounds, skin infections or recent surgery.

Cold therapy might also be inadvisable for people with eating disorders, as it can exacerbate a disordered metabolism. Cryotherapy is not recommended for those with cardiovascular conditions, stroke history, claustrophobia, severe anxiety disorders, deep vein thrombosis or serious respiratory problems. Cold plunges or ice baths are not recommended for those with epilepsy, diabetes or hypothyroidism.

## Tips for Taking the Plunge

Maloof recommends beginning with cool showers and slowly decreasing the temperature for brief periods. Her other recommendations for safely experiencing the benefits of cold therapies include:

- Start cold plunges for short durations of 30 seconds to two minutes.
- Limit cold-water immersion to below the shoulders or neck.
- Keep immersion times to two rounds of 30 seconds with two minutes in-between at the lowest temperatures, and a maximum of six rounds of three minutes with two minutes in-between at the highest immersion temperatures.
- Listen to the body and do not push beyond a level that is comfortable. Remember that women are more sensitive to cold.
- Warm up properly afterward by having warm, dry clothes ready.
- Stay hydrated with water before and after a cold therapy session.
- A cool shower before bed may help with sleep, especially for menopausal women.

"[Cold showers] are more accessible, and more people I work with are likely to start with these than a cold plunge or a cold chamber," says Moorcroft. "Personally, I prefer a cold plunge by a long shot. It's a more Zen and focusing experience."

*Madiha Saeed is a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell.*

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## WEDNESDAY, OCTOBER 2

**Workday at Johnson Preserve** – 3-5pm. Volunteers will help remove the woody invasive species autumn olive and common buckthorn. Johnson Preserve, 4595 Platt Rd, Ann Arbor. LegacyLandConservancy.org.

**An Oral History of Alice Coltrane** – 7-8:30pm. Vocalist Michelle Coltrane and harpist Brandee Younger come together for part conversation, part performance, featuring oral histories and biographical stories of Alice Coltrane interwoven with performances and demonstrations. Free. Keene Theater, East Quad, 701 E University Ave., Ann Arbor. Events.umich.edu/event/125170.

## FRIDAY, OCTOBER 4

**Brandee Younger Trio & Michelle Coltrane in Performance** – 7-8:30pm. Brandee Younger, award-winning jazz harpist, teacher and premiere interpreter of Alice Coltrane's music, will be joined by Trio members Allan Mednard and Rashaan Carter, with featured vocalist Michelle Coltrane. Free. Keene Theater, East Quad, 701 E University Ave, Ann Arbor. Events.umich.edu/event/125171.

**New Moon Night Hike** – 7-8:30pm. Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail and visit some of LSNC's nocturnal animals. \$5. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. Registration required: DiscoverScienceAndNature.org.

## SATURDAY, OCTOBER 5

**Sunrise Nature Walk to the Pond** – 7-8:15am. Join us for a meditative walk to the pond to experience nature at sunrise. Meet at the main entrance to the woods at Ann Arbor Scarlett Middle School (the kiosk west of Middle School and south of the bus turnaround loop). Free. Scarlett Middle School, 3300 Lorraine St, Ann Arbor. Tinyurl.com/swfjudxr.

**Workday at Sharon Hills Preserve** – 10am-12pm. Volunteers will help remove invasive species autumn olive. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

**Victorian Ghost Walk** – 6-9pm. Experience the macabre histories and unique architecture of the structures in downtown Williamston. Join us in Barrett's Books, Keller's Plaza, and other horrifying venues for spooky artisans, terrifying vendors, chilling tours, scary costumes, and delicious food and drink. Free. Keller's Plaza, 100 E Grand River Ave, Williamston Tinyurl.com/52skkf26.

## SUNDAY, OCTOBER 6

**Stewardship Workday:** Miller Nature Area – 9am-12pm. Help remove invasive shrubs. Tools and know-how provided. Free. Meet

at the Arborview Blvd entrance, just east of Wildwood Ave, Ann Arbor. Pre-registration required: Tinyurl.com/5hpts9xz.

## TUESDAY, OCTOBER 8

**Sunrise Nature Hike** – 8:30-10am. Autumn has arrived and is dazzling us with crisp air, brilliant blue skies and changing leaves. Birds are migrating and woodland animals are preparing for the long season of rest ahead. Miller-Smith Preserve, 8560 Dexter-Chelsea Rd, Dexter. Registration required: Washtenaw.org.

**Ann Arbor Backyard Beekeepers Meeting** – 7-9pm. Featured speaker Dr. Capaldi Evans, delves into the theme of, "Why Do Bees Buzz?" Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

## MARK YOUR CALENDAR

OCT. 26 - NOV. 17

**Introduction to Esoteric Healing-Part 1 (Online)** – Learn techniques to balance your physical, emotional, mental and spiritual anatomy energy bodies to support clients, family, yourself and pets. You will also learn how Esoteric Healing differs from other energy healing modalities. More information and class schedule are available at Bonnie Dysinger.com or call 517-281-1706.

## WEDNESDAY, OCTOBER 9

**Workday at Johnson Preserve** – 3-5pm. Volunteers will help remove the woody invasive species autumn olive and common buckthorn. Johnson Preserve, 4595 Platt Rd, Ann Arbor. LegacyLandConservancy.org.

**Learn How to Use Mushrooms to Support Physical and Mental Wellness** – 6:30pm. Discover which mushrooms can support seasonal allergies, deep breathing, restful sleep, cellular energy, nerve and cognitive functions. Free. Better Health Market, 19221 Mack Ave, Grosse Pointe. RSVP: 313-885-5000. BetterHealthMarket.com/eventmanager.

**Insights on the Gardens and Grounds at Fair Lane** – 6:45-8pm. Presenter: Karen Marzonie, Director of Gardens and Grounds at Fair Lane: Home of Henry & Clara Ford. Matthaei Botanical Gardens, Auditorium, 1800 N Dixboro Rd, Ann Arbor. AnnArbor.WildOnes.org.

**Open Stage** – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

## FRIDAY, OCTOBER 11

**Pumpkins, Lanterns and Leaves** – Oct 11-12. 5:30-7:30pm. Ages 4-10. This magical event at Gaffield Children's Garden will feature a variety of festive activities. \$20/person. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

**Owl Prowl** – 7-8pm or 8:15-9:15pm. A nighttime family program. \$10/family and vehicle entry fee required. Independence Lake County Park, 3200 Jennings Rd, Whitmore Lake. Registration required: Washtenaw.org.

## SATURDAY, OCTOBER 12

**River Roundup** – 9am-5pm. Join a small team of your friends, family and other volunteers to collect bugs from streams across the watershed. Your team will include an experienced volunteer who will bring all the equipment you need to get started. Huron River Watershed Council, 117 N 1st St, 100 Ste, Ann Arbor. 734-769-5123.

**A2 Artoberfest** – Oct 12-13. 10am-6pm, Sat; 10am-4pm, Sun. Features 100 jury selected artists, live entertainment, food vendors, art activities and several adult beverage offerings. Free admission. Ann St and North Fourth Ave from Huron into Kerrytown area, Ann Arbor. TheGuild.org/fair/a2artoberfest.

**Are GLP-1 Weight-Loss Drugs Healthy for You?** – 12pm. People are losing weight, but does it come at a steep cost to long-term health? Join Dr. Cory, ND, for vital information on these drugs. Free. Better Health Market, 42875 Grand River, Novi. RSVP: 248-735-8100. BetterHealthMarket.com/eventmanager.

**8th Annual Fall Seed Share** – 1-3:30pm. Get free seeds and meet friends and neighbors. Nelson Meade County Farm Park, 2230 Platt Rd, Ann Arbor. Washtenaw.org.

**Are GLP-1 Weight-Loss Drugs Healthy for You?** – 3:30pm. See above 12pm listing. Better Health Market, 3344 Secor Rd, Toledo. RSVP 419-219-4390. BetterHealthMarket.com/eventmanager.

**Are You Tox-Sick?** – 12pm. Learn about the single most toxic ingredient in your pantry linked to cancer, allergies, leaky gut, autoimmune, ADD, Autism, Alzheimer's and more. Presented by Kathleen Freydl. Free. Better Health Market, 44427 Ann Arbor Rd, Ste E, Plymouth. RSVP: 734-455-1440. BetterHealthMarket.com/eventmanager.

## SUNDAY, OCTOBER 13

**Stewardship Workday:** Mary Beth Doyle Park – 9am-12pm. Help remove invasive shrubs. Tools and know-how provided. Free. Meet at the parking lot at the end of Birch Hollow/Chelsea Cir, Ann Arbor. Pre-registration required: Tinyurl.com/mry3zdc.

## THURSDAY, OCTOBER 17

**Twilight Mindfulness Hike** – 6-7:30pm. Evening mindfulness program for ages 18+. Baker Woods Preserve, 11914 Trinkle Rd, Dexter. Registration required: Washtenaw.org.

## FRIDAY, OCTOBER 18

**Fall Yoga and Self-Care Weekend Retreat** – Oct 18-20. With Christy DeBurton. A chance to unwind, immerse in nature and practice mindfulness. Includes yoga sessions suitable for both new and experienced practitioners, farm-to-table meals and ample opportunities to relax. \$489. The Inn at the Rustic Gate, 6991 E Hungerford Lake Dr, Big Rapids. 734-761-8409. YogaRoomAnnArbor.com.

**Fireside Fun** – 5:30-7pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

**Awakening of the Heart Series** – 7:15-8:30pm. With Brenda Morgan, PhD, Evolutionary Catalyst and Spiritual Teacher. Public Exploration Series on Spiritual Evolution. Brenda will be exploring aspects of the awakening process of existence, an approach that embraces the body mind as an expression of the Living Spirit rather than something to "get rid of or get out of." \$25. Verapose Yoga House, 3173 Baker Rd, Dexter. More info: Info@MovedByTheLight.com.

## SATURDAY, OCTOBER 19

**Health & Wellness Fair** – 10am-4pm. Includes local healers and wellness practitioners along with a few special guests.

Free. Better Health Market Dearborn, 22250 Michigan Ave, Dearborn. BetterHealthMarket.com/eventmanager.

## SUNDAY, OCTOBER 20

**Autumn Spectacular** – 1:30-3:45pm. Celebrate the beauty of fall with a group trail hike led by Naturalist Shawn Severance. LeFurge Woods, 2452 N Prospect Rd, Superior Charter Twp. Registration required: Washtenaw.org.

## THURSDAY, OCTOBER 24

**Are You Tox-Sick?** – 12pm. Learn about the single most toxic ingredient in your pantry linked to cancer, allergies, leaky gut, autoimmune, ADD, Autism, Alzheimer's and more. Presented by Kathleen Freydl. Free. Better Health Market, 44427 Ann Arbor Rd, Ste E, Plymouth. RSVP: 734-455-1440. BetterHealthMarket.com/eventmanager.

**Matrix Landscape Design Webinar** – 7-8pm. With Benjamin Vogt. Hosted by Wild Ones Omaha Tallgrass Prairie (Seedling) Chapter and Wild Ones National. AnnArbor.WildOnes.org.

## FRIDAY, OCTOBER 25

**Awakening of the Heart Series** – 7:15-8:45pm. Brenda Morgan, PhD, explores aspects of the awakening process of ex-

istence, an approach that embraces the body mind as an expression of the Living Spirit rather than something to "get rid of or get out of." \$25. Verapose Yoga & Meditation House, 3173 Baker Rd, Dexter. 734-474-7361. MovedByTheLight.com.

## SATURDAY, OCTOBER 26

**Are You Tox-Sick?** – 12pm. Learn about the single most toxic ingredient in your pantry linked to cancer, allergies, leaky gut, autoimmune, ADD, Autism, Alzheimer's and more. Presented by Kathleen Freydl. Free. Better Health Market, 14105 Hall Rd, Shelby Twp. RSVP 586-884-6160. BetterHealthMarket.com/eventmanager.

**Animal Haunts** – 4-9pm. Travel through the woods, meeting costumed characters and collecting clues to solve our Mystery Hike. Try a spooky science experiment, and make your own harvest craft. Leslie Science & Nature Center parking lot, 1831 Traver Rd, Ann Arbor. Register for time slot: DiscoverScienceAndNature.org.

## THURSDAY, OCTOBER 31

**Crip Drift: A Participatory Performance** – 2-5pm. Join UM professor Petra Kuppers and invited performance guests in a gentle engagement with trees either indoors or outdoors (depending on the weather). Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

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## DAILY

**Ayurveda For Us** – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: [Calendly.com/d/4dc-gws-6fw/discovery-call](https://calendly.com/d/4dc-gws-6fw/discovery-call). For more info & appt: [AyurvedaFor.us](https://AyurvedaFor.us).

**Herbs for the Southeast Michigan Garden** – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: [CastleRemedies.podia.com](https://CastleRemedies.podia.com).

**Introduction to Homeopathy Class** – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: [CastleRemedies.podia.com](https://CastleRemedies.podia.com).

**Holistic Health Consultation** – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: [LivingWisdomCoaching.earth](https://LivingWisdomCoaching.earth).

**Pets & Parents Reiki Session** – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. [TCDesoto@gmail.com](mailto:TCDesoto@gmail.com).

**The Best Affirmation for You** – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. [Harmony2c.com/affirmation-stones](https://Harmony2c.com/affirmation-stones).

**Tiny Lions Lounge & Adoption Center (TLC)** – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. [TinyLions.org](https://TinyLions.org).

**Naturally Purifying and Supercharging Your Body Podcast** – 7-7:45pm. Matthew Hazen is the owner of Human Consciousness Support, a company that produces a unique nutraceutical product called MasterPeace. Free. [BuzzSprout.com/1206776/14236700](https://BuzzSprout.com/1206776/14236700).

## WEEKLY

**Yoga with Crysterra Wellness** – Variety of classes Tues-Thurs. Cost varies. For schedule & details: [CrysterraWellness.com](https://CrysterraWellness.com).

**Stop Sabotaging Your Self-Care** – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. [Info@ChristyDebBurton.com](mailto:Info@ChristyDebBurton.com). [YogaRoomAnnArbor.com/online-courses-self-care](https://YogaRoomAnnArbor.com/online-courses-self-care).

## SUNDAYS

**Bach Flower Remedies Level 1 Live Web** – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. [BachFlowerSchool.com](https://BachFlowerSchool.com).

**Hudson Valley Humane Society Rescue Reading** – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. [HSHV.org/RescueReading](https://HSHV.org/RescueReading).

**Clearing Meditation** – 11am. 4th Sun. Each person gets one question answered for healing an issue. In person. Troy. RSVP required: 248-789-1980.

**Online Meditation from Anywhere** – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](https://DeepSpring.org).

**Sunday Talk with Demo Rinpoche** – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. [JewelHeart.org](https://JewelHeart.org).

**Common Cycle Bike Repair Sessions** – 11am-3pm. Learn about bike repair, share tools and build a sense of community. Volunteers ready to assist with maintenance issues or personal projects. 416 W Huron St, Ste 11, Ann Arbor. 734-619-0907. [CommonCycle.org](https://CommonCycle.org).

**Inspiring Talk by Mata Yogananda** – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. [SelfRealizationCentreMichigan.org](https://SelfRealizationCentreMichigan.org).

## MONDAYS

**Weekday Morning Online Meditation** – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. [InsightMeditationAnnArbor.org](https://InsightMeditationAnnArbor.org).

**Beginner Tai Chi** – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. [PeacefulDragonSchool.com](https://PeacefulDragonSchool.com).

**Soul Power Mystic Arts** – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling and cultivate the nature mystic within through 4 retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. [MotherBearSanctuary.com](https://MotherBearSanctuary.com).

**Meaningful Mondays** – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: [Info@SelfRealizationCentreMichigan.org](mailto:Info@SelfRealizationCentreMichigan.org).

## TUESDAYS

**Senior Discount Tuesdays: Castle Remedies** – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. [CastleRemedies.com](https://CastleRemedies.com).

**Online Meditation from Anywhere** – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: [CelesteZygmunt2@yahoo.com](mailto:CelesteZygmunt2@yahoo.com) or [DeepSpring.org](https://DeepSpring.org).

**Hypnotherapy** – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

## WEDNESDAYS

**Get the Most from Your DNA Test** – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. [wccnet.edu/noncredit](https://wccnet.edu/noncredit).

## THURSDAYS

**Class Observation** – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

**Qigong: Basics** – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Beginner Tai Chi** – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

**Thursday Hills of Ann Arbor** – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles. Start at Wheels in Motion, 3402 Washtenaw Ave, Ann Arbor. WheelsInMotion.us.

**Thursday Evening Silent Meditation** – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

**Mindful Dexter** – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

## FRIDAYS

**Online: Prayer Power Hour** – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

## SATURDAYS

**Vintage Alley: 20+ Unique Vendors** – Thru Oct. 9am-4pm. Vintage jewelry, clothing, furniture, home goods and more. Original art and prints available. Always something new and exciting. 1515 Division St, Detroit. 313-666-0060.

**Mindful Dexter** – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.

**Herbal & Natural Medicine** – 10am-12pm. 3rd Sat. Come see for yourself and experience our ongoing Herbal Medicine Natural Medicine Training, which is a preview for the 2025 Natural Medicine/Herbal certificate training starting January. Free.

Ann Arbor School of Massage, Herbal & Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

**Pregnancy, Childbirth, Postpartum and Baby Classes** – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.

## Classifieds

### SPACE AVAILABLE

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734-302-7300  
EmanueleAcupuncture.com



Rosanne Emanuele is the sole Japanese-style acupuncturist in Michigan. Her main focus is the highly effective Kiiko Matsumoto palpatory style where acute and chronic conditions improve. She draws from 26 years of practice. Clients enjoy the results they achieve from her individually assessed treatment. Her easy friendly manner makes her skill seem casual and second nature.

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RosyGlowWellness.com



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holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.



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DrDobracki@AnnArborsDentist.com  
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(A Private Membership Association)  
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Miraculous Energies  
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multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. See *ad page 13*.

The EESystem combines Body, Mind, Spirit and Science. This system generates

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210 Little Lake Dr, Ste 10, Ann Arbor  
734-332-9936  
DrSickels.com



Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. See *ads, pages 8 and 14*.

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family

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### CENTER FOR INTEGRATIVE COUNSELING

Karen Kerr, LMSW  
2010 Hogback Road, Ste. 6E, Ann Arbor  
734-660-5610  
Karen8Kerr@gmail.com  
KarenPKerr.com

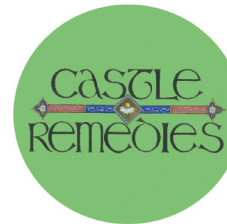


In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.

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plement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. See *ad page 17*.

## Lymphatic Bodywork/ Reiki

### ELEVATE MIND & BODYWORK

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1140 N. Wagner Rd., Ann Arbor  
SarahGirard.Lmt@gmail.com  
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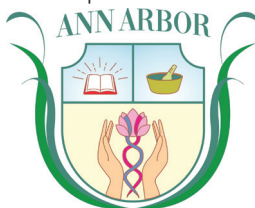
diction, TBI, migraines, pain issues and more - for the entire family. See ad page 9.



## School/Education

### ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE

734-769-7794  
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## Tai Chi & Qigong

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Wellness Center

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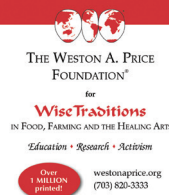


The Weston A. Price Foundation teaches about healthy foods of the **past** and how to incorporate them in the **present**. We explain the science of **why** certain foods are healthy, **where** to get them and **how** to prepare them.

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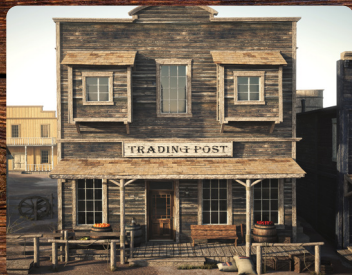
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Part One of Special Series on Fertility



# The Eye-Opening Truth About Fertility

by Dr. Susan Fox

**G**lobal declines in birth rates have made headlines, but the rise of male and female infertility has largely been overlooked. Infertility is defined as the inability to get pregnant after trying for one year. In 2021, *Scientific American* reported that the world-wide fertility rate dropped by almost 1 percent per year from 1960 to 2018.

The Centers for Disease Control and Prevention reports that about 1 in 5 American married women in their reproductive years have difficulty in either getting pregnant or carrying to a live birth, and 11.4 percent of men ages 15-49 have some form of infertility.

For women, a study found a 1 percent per year increase in reported miscarriage rates in the US over a two-decade period. The increase in infertility among women has manifested itself in the increased use of assisted reproductive technologies, including egg freezing and in vitro fertilization among younger women, not just those that waited to start families until after age 35. There also has been an increasing trend in the use of gestational surrogacy as family has taken on a wider definition than traditionally, and as corporations have begun to include fertility benefits in their employee compensation packages.

Numerous studies have identified an increase in male fertility issues, including:

- Declines in sperm concentration (52 percent) and total sperm count (nearly 60 percent) between 1973 and 2011. At this rate, average sperm count could be zero by the middle of this century.
- Decreases in testosterone levels of almost 1 percent per year during recent decades in excess of natural, age-related declines.
- Declines in total testosterone levels among adolescent and young adult males from 1999 to 2016.
- Increases in testicular cancer rates.
- Increases in the prevalence of erectile dysfunction among younger men.

*Susan Fox is Doctor of Acupuncture and Chinese Medicine in Marin County, California, and has specialized in working with women and couples navigating fertility challenge for more than 20 years. Connect at [healthyouniversity.co](http://healthyouniversity.co) and [drsusanfox.com](http://drsusanfox.com).*



There is hope! Watch in November for our next article in this series. Also, learn more, access valuable resources today, and get your **COMPLIMENTARY ACCESS PASS** for the very special **January 20-24** fertility immersive event. Scan the QR Code.







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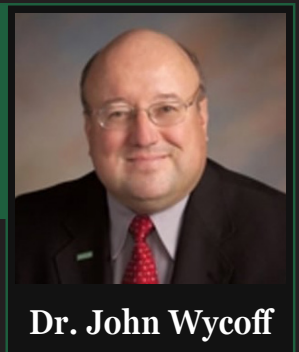
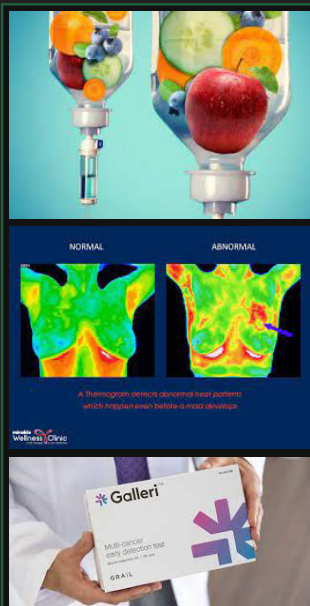


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